Dimensions

In order to establish the correct walker size, measure from the floor to the crease of the user's palm with their arms placed at their side. Allow for a few degrees of flexion (or bend) at the elbow. You can then compare the measurement to the ranges in the chart. It is important to allow for growth. All dimensions are based on four-wheeled walkers. Frame weight is calculated based on the frame with wheels but excludes accessories. Activity wheels will affect the adjustment range of each walker. Sizes are calculated in cms, weights in kgs. Colours depicted are standard for each size. Special colours are available at extra cost.

Size and Colour	Height of Walker		Hand-grip width	Frame width	Frame length	Height of user	Max user weight	Frame weight
	STD Wheels	Activity						
W1/2	37-46	N/A	34	58-60	52-59	up to 95	27Kg	3.00Kg
W1	41-55	N/A	34	60-62	56-62	91-122	27Kg	3.30Kg
W2	48-64	52-68	34	58-60	69-83	107-137	39Kg	3.85Kg
W3	59-78	63-82	38	62-64	77-89	129-152	60Kg	4.85Kg
W4L	72-92	76-96	40	65-67	84-97	150-179	82Kg	5.50Kg
W4H	81-100	N/A	40	67-69	90-102	150-185	95Kg	7.00Kg
W5	90-105	94-109	47	65-67	102-108	175-192	113Kg	9.75Kg

Inspection

Therapists who have used the Kaye Walker for many years will be familiar with a number of enhancements Quest 88 supply, which may: 1) improve the functionality of a walker with a particular user, 2) prolong the walkers useful life. These include: weighted inserts, double poppered leg extensions, welded frames or fixed/bolted frames (i.e.they cannot fold), reinforced joints and activity wheels.

Walkers used by heavier or more erratic users will need checking far more regularly. We suggest the following schedule therefore, as a MINIMUM requirement. (please see sections **10.1 Mantenance Checks** and **12. Further Safety Advice** for more detailed information).

Kaye Walker safety checks	Weekly	Monthly	Ongoing
Check adjustment holes on legs and telescopic folding tubes.	■		
Check / replace worn wheels, also check for uneven wear.		■	■
Check that size is still appropriate for the user.			■
Check bolts, nuts are not loose or missing.		■	
Check folding function and walker stability. (Does it wobble?)		■	
Check that walker runs in a straight line by rolling it unladen.		■	■
Check walker for ANY damage and report any causes for concern.	■		■
Check that all 4 wheel/legs are set at the same height.		■	
Check Quest 88 website for updates and safety bulletins.			■

Quest 88 Limited products must only be used under appropriate supervision. Please consult a professional health care worker before purchasing or contact Quest 88 Limited for more information. The products featured in this catalogue will only function correctly and safely when setup in accordance with the product's user instructions. Please keep these safe and accessible. Occasionally specifications and colours may change. To avoid disappointment please contact our sales team for the most recent product information. Quest 88 Limited reserves the right to change product specification without prior notice.

Quest 88

therapy through activity

User Manual

Kaye Walker

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Introduction

1. Introduction

These instructions also include a guide to maintenance and general care and if followed, the Kaye Walker will provide trouble free service. However, in the event of any severe deterioration in performance, take the walker out of service immediately and contact Quest 88 Limited, or your equipment provider.

These instructions must be kept in close proximity to the equipment. Should they become soiled or illegible, or if further copies are required for circulation, please contact Quest 88 Limited or your equipment provider. Alternatively you can download a pdf of this manual from the Quest 88 website.

Practitioners, therapists, parents and carers must make themselves conversant with the contents of these instructions. Advice may also be sought from your equipment provider. If you are unsure of any of the contents herein, please do not proceed to use or adjust the equipment.

In order to ensure safe and effective use of the walking frame, a number of means of adjustment are provided and are described in detail in the following pages.

2. Declaration of Conformity

Quest 88 Limited, as manufacturer with sole responsibility, declares that the Kaye Walker from Quest 88, conforms to the requirements of **European Guidelines 93/42/EEC** and **BS EN12182:1999 Technical aids for disabled persons - General requirements and test methods**. This product is registered as a Class 1 Medical Device.

Quest 88 Limited is a BS EN ISO 9001:2001 registered firm applicable to:
The design, manufacture and personal adaption of therapy, mobility and rehabilitation equipment for people with special needs

11. Folding and storing the Kaye Walker

Caution must be taken through use, transport and storage not to drop or knock the walker. Do not store other equipment on top of the walker or its accessories as this may cause damage.

To fold the Kaye Walker squat behind the walker and rest the rear wheels on the floor. Simultaneously press in the poppers on the telescopic tubes either side of the frame. Once the poppers are released, apply pressure to the front legs in order to close the frame.

If you need to fold the walker for transportation you may wish to reduce the leg height. and make the walker more compact. Make a note of the hole position before doing this. Quest 88 Limited supplies a padded transit bag - details are available on request.

12. Further safety advice

Quest 88 Limited strongly recommends that you inspect your product annually and with even greater frequency according to user weight and walking style. (PLEASE SEE BACK PAGE FOR MINIMUM INSPECTION REQUIREMENTS)

Inspections must be carried out by a technically competent person who has received training in the use of the product. If you have any doubts over your product's continued suitability for an individual because of growth or deterioration in ability, please contact us, as there may be a suitable accessory available.

Before re-issuing a product, Quest 88 Limited recommends that equipment prescribers ensure that the product does not have bespoke items attached and that the product is entirely suitable for the new recipient/user. If you would like Quest 88 Limited to run a check on the product's serial number and it's original specification please contact our offices.

Neither initial product assessments nor user manuals negate the need for carefully considered product prescription or environmental risk assessment, especially in a product re-issue situation.

If you have any concerns about the suitability of a Kaye Walker for a particularly challenging individual with a heavy or irregular gait, please contact Quest 88 Limited as we may have an appropriate accessory or a custom made solution.

13. Additional publications

The Kaye Suspension Accessory is covered in a separate instruction leaflet as are any custom made accessories. Quest 88 Limited provides further training and safety material which include posters, newsletter articles and bulletins posted on the website at **www.quest88.com**.

10. Cleaning & Maintenance

10.1 Maintenance Checks

Check height adjustment holes and holes on the telescoping tubes for signs of wear. If poppers are deformed or damaged, or the holes are elongated or deformed to more than 1.5 times their original size, take the walker out of service and contact Quest 88 Limited.

Rubber ferrules (crutch tips) should be replaced immediately if worn through to avoid damage to metal-work.

Replace damaged or worn wheels in pairs as quickly as possible. Do not allow the tread of the wheels to be worn away completely. Replacement wheels are supplied with aluminium legs, so fitting new wheels is easy.

10.3 Cleaning & Hygiene

The Kaye Walker has an aluminium alloy frame and has a powder coat finish. Keep wheels free of dirt, hair and other loose fibres.

Do not clean any part of the walker with bleach or solvent cleaners. Clean metal-work with a slightly damp cloth or disposable anti-bacterial wipe. For fabric accessories - these can be cleaned with a damp soapy cloth and wiped/rinsed with clear water. A soft brush can be used for heavy soiling. Most materials have some abrasion and stain resistant properties, however, should wear or staining be excessive, replacement covers can be purchased from Quest 88 Limited. Do not use solvents, bleaches, synthetic detergents or wax polishes on your product. Disinfectants may be used in dilution as specified by their manufacturers. These include Haz-Tabs and other disinfectants commonly used in hospital infection control programmes. If you are unsure about any of the above cleaning instructions please contact Quest 88 Limited.

Regularly check nuts and bolts and tighten as necessary. Except for bolts marked with a yellow sticker, tighten nuts so that the washers between tubes do not rotate.

Do not tighten bolts marked with a yellow sticker. Do not squash the tubes by overtightening nuts. If nut covers are damaged or missing, replace the nuts as soon as possible.

3. Intended use

The Kaye Walker (Posture Control Walker) is intended to be used as part of a walking development programme and where appropriate, as a means of assisting personal mobility in the community. A level of supervision appropriate to the user's abilities should be applied at all times. The design and function of the walker encourages hip and trunk extension in order to develop muscle tone and balance necessary for walking. The Kaye Walker has been developed in 6 sizes, together with a variety of optional fittings, to meet the needs of individual users.

This equipment should only be specified or set up by a qualified clinician who understands the clinical context in which the product should be applied. This leaflet contains important information concerning the setting-up procedure to be observed before allowing the use of the equipment, and should be read in full by those responsible for the user's care.

New and custom made accessories may have their own specific instruction leaflet. In such cases, they need to be used in conjunction with the parent user manual and stored together for future reference.

The Kaye Walker is designed to be used within the weight and dimensional constraints detailed in the table on the back page of this manual as failure to do so may lead to equipment instability. The design and function of the equipment is kept under constant review and minor alterations to the description and diagrams given in this manual may occur. Quest 88 Limited is constantly seeking ways of improving the product and welcomes feedback from both users and their carers.

4. Safety Information

Do not use the Kaye Walker on steps and stairs. The walker may be used on very slight gradients, **however**, this depends upon the user's ability and levels of supervision. Quest 88 Limited recommends that a risk assessment be carried out to assess the suitability of routes and terrain before allowing a supervised user to use the walker in a community setting (ie. outside of the gymnasium). Do not use on uneven ground. If the Kaye Walker is used outdoors in wet weather, wipe off all mud and dry the frame immediately. There are accessories specifically designed for community walking.

Take care when using the walker around low level furniture as protuberances could push in leg poppers in extremely rare circumstances, causing the leg/wheel to drop inside the frame.

Do not store the walker where it may block access to doors, walkways or fire exits.

The Kaye Walker has been tested and checked by Quest 88 Limited staff. Any adjustments or alterations which are not listed in this manual should not be made without the authorisation of Quest 88 Limited as any such adjustments will affect the walker's warranty and more importantly, may compromise user safety. Quest 88 Limited does not take any responsibility for any Kaye Walker which has been adapted or affected by actions not described in these instructions by any individual not authorised by Quest 88 Limited.

Do not allow the user to use the rear tubes of the walker as a seat or to perch on as this will cause undue stresses on the frame for which it is not designed, Users may be discouraged from sitting on the tubes by fitting an anti-perching loop. (See section 8.9)

5. Unpacking & Assembly

This section details the tools required for adjustment and the unpacking and initial assembly of your Kaye Walker.

Upon receipt of your walking frame, carefully remove the contents from the packaging. Please be careful not to score or scratch the contents whilst removing card or bubble wrap protection.

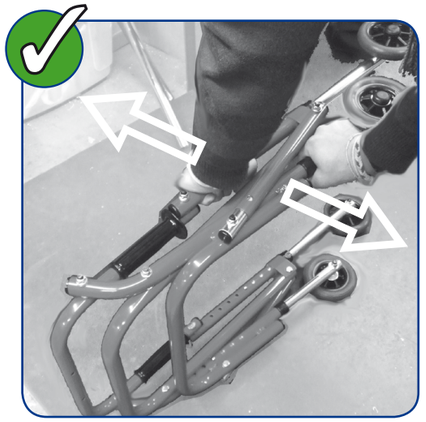
To avoid the risk of suffocation, please remove plastic bags and bubble wrap from the vicinity of small children and babies. Please ensure that all parts are retrieved from the packaging before disposal.

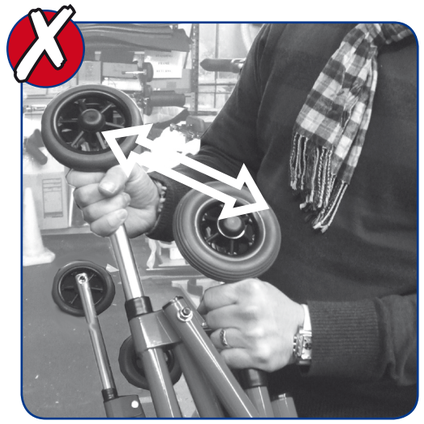
If possible, collapse the packaging and store for a short period of time (two weeks) to facilitate return of the product, if the Kaye Walker has been wrongly prescribed or is unsuitable. Charges may be levied for equipment ordered incorrectly.

Returns: Your equipment supplier will have return procedures so it is important to contact them before returning any product.

Should you suspect that any parts or accessories are missing, please contact your local equipment supplier or Quest 88 Limited as soon as possible.

5.1 Unfolding the walker





To unfold the walker, rest it on its side so that it resembles a 'C' on the floor. Hold the joint in front of the handgrip and the end of the back leg tube and pull these points apart and the walker will begin to open up. Keep pulling these points apart until the popper pins on the telescoping tubes joining the front and back legs click into place through the outer telescope section. Should the walker be difficult to unfold, do not force the frame. If you have any problems contact Quest 88 Limited.

8. Kaye Walker Accessories continued

8.9 Anti-perching loop (NOTSIT)

The anti-perching loop is designed to discourage children who like to lift themselves and perch on the rear tubes of the walker. Sitting on the walker in this way will cause stresses to the walker frame. If a seat is required, you can purchase an additional pull-down seat unit.

This accessory cannot be used with the hip location pads as it shares the same fixation point.

9. Suspension Accessories

9.1 Basic Support Harness (Nappy Style) - Walker sizes W1/2 and W1 only

The Basic Support Harness is the newest accessory for the Kaye Walkers range. This support provides additional stability at the hips and pelvis, and helps to centre a child within the walker. The harness surrounds the pelvis and attaches with four buckles to the sides and back of the walker. Easy to apply, the harness fits between the legs and surrounds the pelvis and buckles in back. While the basic support harness assists children who have low tone or weakness in the legs and have a tendency to collapse while standing or walking, it is not intended as a seat.

9.2 Suspension Accessory - Walker sizes W1/2 - W3

The Suspension Accessory and harness holds the child securely and allows the child to practice over-ground-walking with partial or full weight-bearing as needed. Clinical studies have shown that this is a particularly useful intervention strategy when postural instability, weakness, or the fear of falling, inhibits gaining or regaining reciprocal movements for walking. Fitting instructions are supplied in a separate instruction manual. The Kaye Harness is made from material which has a compression element so that the vest fits snugly around the user. The harness fits between the legs, similar to a nappy or baby walker style harness, however this is where the similarity ends. The Kaye Harness offers total trunk support and features compression straps to help align the trunk, head and hips. The two smallest harnesses have three basic components; the body vest, compression straps and pads. The two larger harnesses also include thigh cuffs.

Full body harness

Model Number	Pelvic Circ. (cm)	Max User Weight
SUS-9820	40.5 - 63.5	37kg
SUS-9821	45.75 - 71	37kg
SUS-9822	61 - 89	91kg
SUS-9824	86 - 114	91kg

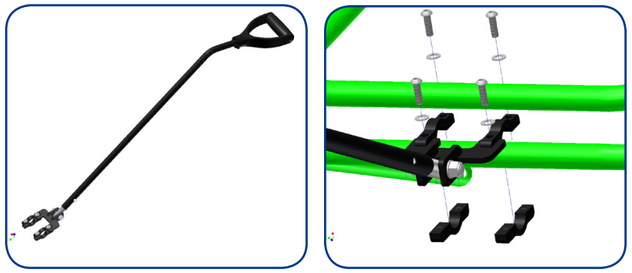
Accessory Frame

Model Number	Fits Kaye Walkers	Max User Weight
SUS-SC1	W1/2 & W1	27kg
SUS-SC2	W2	38kg
SUS-SC3	W3	59kg
SUS-SC4	W4L	82kg

8. Kaye Walker Accessories continued

8.7 Restraint/Assist Rod - Sizes W1/2 to W3

The restraint/assist rod clamps, on to the lowest or second U tube of the W1/2 and W1 sizes and on to the middle or second U tube of all other sizes. When attaching the clamp, take care not to overtighten the screws as this may crush the walker tubes.



Fitting diagram

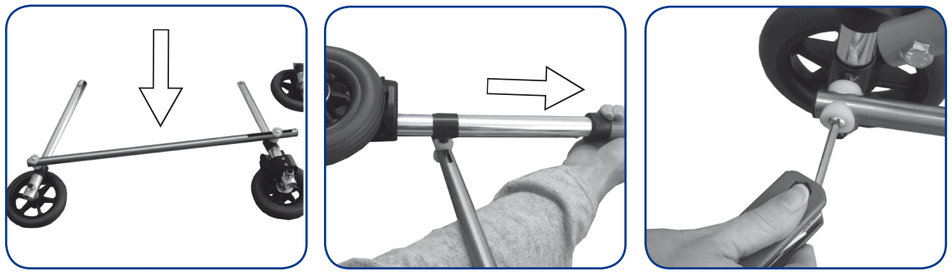
This item is designed to be used for guidance and training, and removing back strain for carers and healthcare professionals.

Please note that this accessory needs to be removed when not in use.

8.8 Gait Training System - Sizes W1/2 to W2

The Gait Training System features two rails which run between the front and rear wheels of the walker. Each rail has an upholstered cuff and an adjustable cord to assist with foot placement.

The Gait Training System includes two horizontal bars and each has a slot for length adjustment. The slot is situated towards the rear of the frame. To fit the assembly, firstly remove the wheel assemblies from the one side of the walker. Slide the black location brackets over the end of each leg and over the poppers with the horizontal bar on the inside of the wheel.



Fitting diagram

5.2 Leg/wheel options

The legs govern the stability and running of the walkers. The legs always come in pairs and should always be referred to as left and right hand when using the walker, i.e. standing in the walker with the cross rails behind.

The left hand aluminium legs have a yellow sticker attached.

Legs fit in to the leg tubes and are held in position with spring poppers mounted in the legs.

W4L & W4H Walkers
W4Ls are for light duty youth and adult use and have aluminium legs. W4Hs are for heavy duty use and they have steel legs and reinforced joints for added strength. Please refer to the table on the back cover for walker sizes and weight limits.

Standard front wheels (W*OF)

These wheels have a plain hard wearing surface with no tread, and are ideal for "skid steering" the walker, where the user cannot manage swivel wheels.

Standard rear wheels (W*OF)

These wheels have a fluted tread and a silent one way bearing incorporated into the hub of the wheel to prevent rearward rolling. They can be used indoors and on outdoor surfaces such as asphalt and concrete, although regular use on these surfaces will cause the tread to wear more quickly when compared to solely indoor use. These wheels require greater care following use in wet weather and may need to be lubricated from time to time.

Rear legs with rubber ferrules (W*L) (AKA crutch tips)

These are only suited for indoor use and must not be used in conjunction with directional locking swivel front wheels. They are the basic option for those with sufficient control to pick up or lightly drag the walker to change direction. They are fitted so that the the kink at the bottom of the leg points down and in, keeping the ferrule flat against the floor. Not available on W4H type walkers. Alternatively wheel dampers can be used.

Directional locking swivel front wheels (W*DLSW) These have two uses:

1) In clinic during assessment, or walker use by several users, the swivel wheel direction can be locked to run in line with the walker so that the wheel behaves as a standard front wheel. The lock can be quickly removed for 'community walkers'. 2) Single users who want manoeuvrability indoors but who would like to lock wheel direction when walking any distance so that there is less need to correct direction on uneven, outdoor surfaces.

Rear Wheel Dampers (W*RWD)

These are intended for use by those who need greater control over the speed of the walker and to help reduce forward roll between steps. They are not intended to be used as a brake mechanism and it must be realised that damping the action of the wheel on level surfaces will make the walker harder to use going up inclined surfaces.

The dampers work by a plastic block rubbing on the rear wheels, applying a moderate braking effect to the wheels and walker. This means that as the wheels wear, the dampers will need to be adjusted to maintain pressure on the wheels. The damping mechanisms require constant monitoring to ensure proper function.

The dampers can be fitted to any Posture Control Walker with outdoor rear legs. Please note, if the dampers are fitted on some older models the legs cannot be fitted in their lowest setting. The carer or parent must ensure that this does not affect the overall performance of the walker for the user.

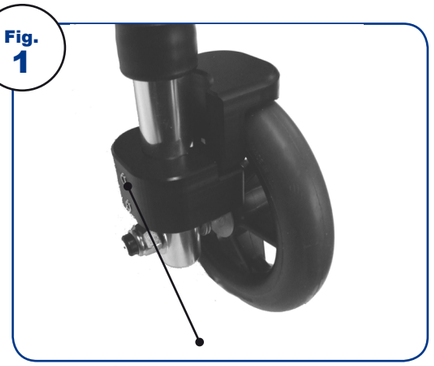
Fitting and adjusting Rear Wheel Dampers

The amount of damping force required will depend on the weight of the user. The lighter the user, the less damping force required. If too much damping force is applied, the wheels will not turn and a flat will be worn into the wheels. The damper can be retro-fitted to your Kaye Walker by removing the rear legs and sliding the damper unit down the leg until it makes contact with the wheel.

Using the hexagon key supplied turn the tensioning screw clockwise or counter clockwise to achieve the required effect.

Experiment with the setting of the dampers so that they slow the user down sufficiently without preventing the wheels from turning. Ensure that both dampers are set equally otherwise the walker will tend to veer to the side which has the most damping force applied to it. Regularly monitor the performance of the damper, ensuring that the wheel is still turning, and adjust it accordingly to suit the activity of the user.

Fig. 1



fitting the outdoor rear wheel damper

Fig. 2

adjusting rear wheel damper

8.5 Forearm gutters and straps - All sizes

These are suitable for users who cannot achieve forearm extension (e.g. hemiplegia/rheumatoid). They can be used if the user cannot weight bear through their arms, locking the elbows into the shoulders. However, the frame of the walker should not be set so that the top rail is higher than the centre of the pelvis in order to set the gutters at elbow height.

Forearm gutters can be used singularly or as a pair. Fitment to the walker and height adjustment is the same as the vertical hand holds.

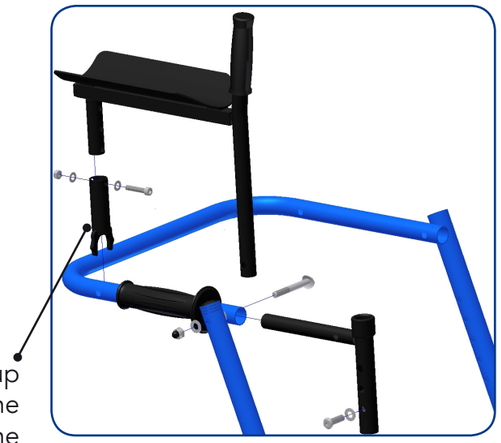
Quest 88 Limited offers three styles of forearm gutters (pictured below).

Horizontal

Vertical

Ball

Forearm gutters for walker sizes W3 and up feature a second support tube at the rear of the assembly which can be adjusted to rest on the handrail behind the handgrip.



Fitting diagram for forearm gutters

The forearm straps are intended to help locate and maintain the position of the user's arms on the gutters. They effectively attach the user to the walker so supervision must be increased accordingly to guard against accidents.

The straps fit through the gap between the gutter and the square tube which supports it. Feed the straps through this gap. When the user is positioned in the walker, fit the loose end of the strap through the D ring and back over on itself so that the two different types of velcro fit against each other.

8.6 Vertical Hand-holds - All sizes

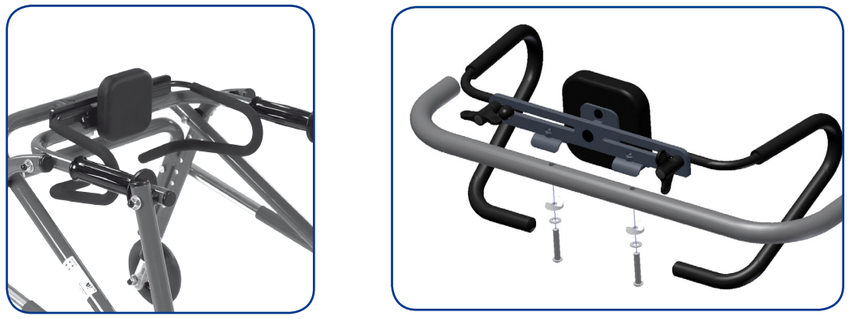
Vertical hand-holds provide an alternative hand position to help keep the user centrally positioned in the walker. When used in conjunction with hip pads these enable experienced users to achieve improved trunk alignment. They can also be used if the user cannot achieve forearm extension.

The vertical hand-hold receivers fit in to the ends of horizontal 'U' handle tube. Remove the bolt holding the top of the front leg to the top 'U' tube and insert the black vertical hand-hold receiver into the tube until the single hole lines up with the bolt hole on the 'U' tube. Replace the bolt through the leg and the 'U' tube and tighten in place. Be careful not to over tighten the bolt. As soon as the top of the leg tube starts to be squashed by the tightening action, stop tightening the bolt. To adjust the height of the vertical hand-holds remove the socket head bolts (use a 5mm hexagon key) which hold the chromed tubes in position in the receivers and slide the chromed tubes up and down to the required height. Replace the socket head bolts so that the heads of the bolts face inwards.

8. Kaye Walker Accessories continued

8.3 Hip Location/Symmetry pads - All sizes (one size fits all)

Posture Control Walkers supplied from January 2002 have two holes in the handrail U tube. These holes allow for the fitment of the new hip pad assembly.



Fitting diagram for forearm gutters

The assembly consists of two hip guides, the guide plate and fixings. To attach the guide plate to the handrail U tube, insert the two threaded stems through the holes in the handrail U tube. Fit washers and nuts onto the stems and tighten the nuts until the guide plate is held firmly in position. Each hip guide is attached to the guide plate with a screw and a handwheel.

Once the hip pads are in the desired position, tighten handwheels to hold the hip pads in place. Do not overtighten! **NOTE**: Aim to position the hip pads symmetrically. Leave a two finger gap between the user and the hip pads so that movement is not overly restricted. Guided hip pads are not suitable for those users with ataxic movements.

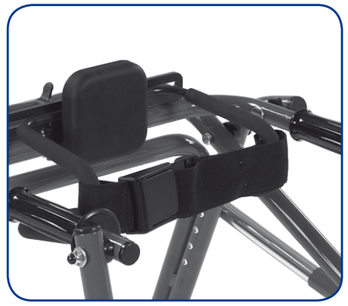
NOTE: Hip location pads cannot be used in-conjunction with seated walkers.

8.4 Hip Straps - All sizes (2 lengths available)

The strap is supplied in two halves. Each half is installed by sliding the loop end around the profile of the hip guides. The length of the strap can be adjusted to match the width of the hip guides.

IMPORTANT !

Kaye Walker hip straps **are not designed to restrain** the user but are intended to be used for positioning during gait training. These should be used under strict supervision.



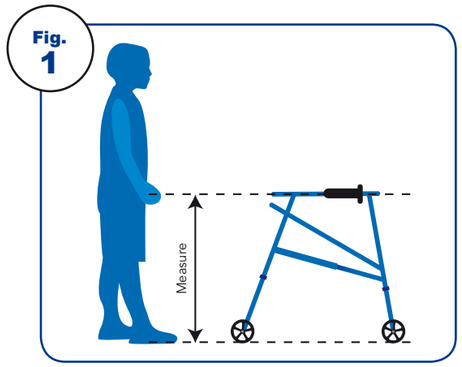
5.2 Leg/wheel options continued

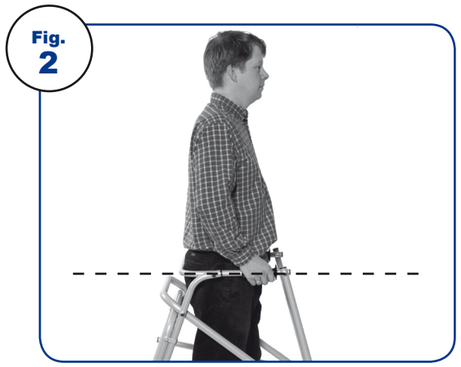
Activity Wheel Kits (Sizes W2-W5)

The success of the Kaye Walker in the gymnasium has resulted in more widespread use of the walker outdoors and on surfaces such as grass and gravel paths. The Kaye Activity Wheels are not an invitation to use the Kaye Walker for extreme sports, however they are designed to take some of the discomfort and strain out of walking over moderate, undulating ground. They feature an oversize front pair of wheels and a "gear" style rear braking system on the rear wheels. Therefore rear wheels can be cleaned of dirt more easily. The front activity wheels are 8" in diameter and are designed to roll over stone chippings and thresholds without interruption. Despite their height, it is recommended that you dry and lubricate the front wheels with WD40 (or similar) if they become wet at hub level. The rear activity wheels have a much smaller diameter in order to maintain the walkers stability and reduce sway.

6. Walker Height Adjustment

The walkers have been designed so that the user stands with their back to the cross rails looking out of the open front. All references to the left and right side of the walker are made in relation to this position. The walker should be used to develop a standard walking posture and pattern. This involves an upright trunk and limited flexion (bending) at the hips. The position of the hands and arms is also an important factor. The hands should be at the same height as the hip with slight flexion (bending) at the elbow (Fig.1).





The top cross rail is designed as a step prompt, so when the user moves the walker forwards (Fig.2), the cross rail gently nudges their buttocks to encourage the next step. With this in mind, walker height should be set so that the top cross rail is aligned with the middle of the user's buttocks. This should also provide the appropriate height for the hand grips. To check this, stand the user in the walker with their back to the cross rails and compare the height of the cross rail to the centre of the user's buttocks.

Height adjustment is controlled by sliding each leg up or down in the frame leg tubes. The walker height is adjusted in 25mm (two finger) increments. Measure the necessary adjustment required. To adjust leg height, push the popper pin into the leg tube and move the leg up and down the leg tube to the required hole. Ensure that all legs are adjusted to the same height and that the popper pins engage fully through the holes on the leg tubes before use. Heavy duty walkers may feature two sets of poppers in each leg.

7. Kaye Walker Seat Assembly - All sizes

From 2008, the Seated Kaye Walker, which existed as a special frame, was replaced by a retro-fit seat system that can be fitted to the conventional Kaye Walker design (with the exception of the W5).

If you would like an upgrade, this requires you to send your walker to Quest 88 Limited together with an official purchase order covering the upgrade and return carriage.

In addition to the upgrade, Quest 88 Limited will carry out a free safety check on the walker and alert you should there be any concerns over the walker's condition.

7.1 Safety advice for Seated Walkers.

Do not use the seat on any incline or on soft or uneven ground.

Engage the front wheel brakes before sitting.

Unbraked front wheels may be used in some circumstances. Please inform Quest 88 Limited of any special requirements and ensure that adequate supervision is provided at all times. The frame may need to be supported by the parent/carer as the user sits and stands.

The seated walker is not designed to be used in place of a seat or chair but it provides an opportunity for the user to rest. Remember - always fold the seat away when walking.

Do not allow anyone to stand on the seat and always observe the max user weights as described on the back cover of this manual. Also observe warning labels.

If you have any concerns over the seat's function and/or suitability, take the walker out of use and contact Quest 88 Limited and contact your healthcare professional.

8. Kaye Walker Accessories

8.1 Weights and re-inforcements

Weights are sometimes used to counteract and stabilise any tendency by the user to lift the walker. Fitting weights will not slow the walker's movement. The amount of weight which can be fitted into a walker is limited (4kgs maximum). Other approaches, such as the use of vertical hand holds, may prevent lifting of the walker. Increasing the height of the walker is not a viable solution to this problem.

Fitting Weights into the Walker Legs

To fit weights into the walker legs you will need a pair of long nosed pliers. Remove the legs from the walker and push in the spring popper which holds the leg in place in the walker. Using the long nosed pliers, pull the spring popper out of the leg and store in a safe place. Push a small piece of bubble wrap in to the leg tube and push it down the leg using the weight. Push another piece of bubble wrap into the tube and ram it down to hold the weight in place and stop it rattling.

Replace the spring popper by holding the two legs of the popper together and sliding it in to the tube. Push the popper down until the button on the popper fits through the hole at the top of the leg, facing in the opposite direction than the wheel on the leg.
Repeat the process for the other legs.

Further weight can be added to the 'U' tubes of the walker. This is a more complicated process and requires the joints at the bottom of the front walker legs being dismantled. The weights are slid up the diagonal 'U' tube and held in place in the same way as the weights in the legs. The joints are then re-assembled.

Leg weights will add 2kg to the weight of the walker (depending on size). Putting weights in the 'U' tubes will increase the weight another 2kg.

8.2 Storage Bag (Q-bag)

This is a satchel size bag which fits over the bottom cross rail. It is ideal for books, coats etc.

To attach the saddle bag, fasten the straps on the inside back face of the bag around the lower cross rail. The opening flap of the saddle bag goes over the top of the cross rail.

Please ensure that the contents do not affect the walker's performance or stability. Quest 88 Limited recommends stable loads of up to 3kg.